



# Brighter Days January 2021

Mon.	Tue.	Wed.	Thu.	Fri.
				1 New Year's Day Holiday (No Meetings)
4 Exercise 11am	5 Game Day 2pm	6 Exercise 11am	7 Musical Happy Hour 2pm	8 Discussion 1pm
11 Exercise 11am	12 Game Day 2pm	13 Exercise 11am	14 Musical Happy Hour 2pm	15 Discussion 1pm
18 Exercise 11am	19 Game Day 2pm	20 Exercise 11am	21 No Zoom Meetings Holiday	22 Discussion 1pm
25 Exercise 11am	26 Game Day 2pm	27 Exercise 11am	28 Musical Happy Hour 2pm	29 Discussion 1pm

**Monday:** Brighter Days Exercise 11am  
30minutes, needed: sturdy chair & 1 lb.  
weights

**Tuesday:** Game Day 2pm  
1 hour, needed: Bingo cards & playful  
attitude

**Wednesday:** Brighter Days Exercise 11am

30minutes, needed: sturdy chair & 1 lb.  
weights

**Thursday:** Musical Happy Hour 2pm  
1 hour, needed: Bring your requests

**Friday:** Discussion Time 1pm  
30-40 minutes, needed: Thoughts to share,  
topics sent with invitation weekly

All activities are virtual meetings on Zoom platform, contact [ptaylor@southsoundseniors.org](mailto:ptaylor@southsoundseniors.org)  
for invitation.